



MIDDLE SCHOOL

OCTOBER 2026

Lynden School District

**Please be aware that
Only Elementary
Meals are free!**

You are responsible to have money on your student's account.

If there is a need,
Free & Reduced Applications
are available in your student's
school office and District Office.

Please fill out **completely** and we
will process the application.

Monday, Sept 28

Chicken Nuggets
Pizza Bar
Sub Sandwich Bar

Fruit & Veggies Bar
1% White Milk
Non-Fat Chocolate Milk

Tuesday, Sept 29

Fiesta Bar
Burger Bar
Sub Sandwich Bar

Fruit & Veggies Bar
1% White Milk
Non-Fat Chocolate Milk



Wed., Sept. 30

Rice Bowl
Pizza Bar
Sub Sandwich Bar

Fruit & Veggies Bar
1% White Milk
Non-fat Chocolate Milk

LATE ARRIVAL

Thursday, Oct. 1

Spud Bowl
Burger Bar
Sub Sandwich Bar

Fruit & Veggies Bar
1% White Milk
Non-Fat Chocolate Milk

Friday, Oct. 2

Parmesan Chicken
Sandwich
Pizza Bar
Sub Sandwich Bar

Fruit & Veggies Bar
1% White Milk
Non-Fat Chocolate Milk

Monday, Oct. 5

**WAIVER
DAY
NO
SCHOOL**



Tuesday, Oct. 6

Fiesta Bar
Burger Bar
Sub Sandwich Bar

Fruit & Veggies Bar
1% White Milk
Non-Fat Chocolate Milk

Wed., Oct. 7

*Taste of
Washington Day*
Bellwood Farm Apples
NW Co-op Blueberries

Pasta Bar
Pizza Bar
Sub Sandwich Bar

Fruit & Veggies Bar
1% White Milk
Non-Fat Chocolate Milk

LATE ARRIVAL

Thursday, Oct. 8

Spud Bowl
Burger Bar
Sub Sandwich Bar

Fruit & Veggies Bar
1% White Milk
Non-Fat Chocolate Milk

Friday, Oct. 9

Pulled Pork
Sandwich
Pizza Bar
Sub Sandwich Bar

Fruit & Veggies Bar
1% White Milk
Non-Fat Chocolate Milk

Available Daily

Garden Bar
Vegetables offered may include:
Carrots
Broccoli
Cucumbers
Cauliflower,
Celery
Variety of mixed greens.

Fruit offered may include:
Apples
Oranges
bananas,
peaches
Pears
Strawberries
Applesauce
Pineapple
Grapes

WG = Whole Grain



BREAKFAST CHOICES MAY INCLUDE:

WG Granola Bar, WG Breakfast Pizza,
WG Breakfast Cookie, WG Muffin,
WG Cinnamon Roll, Pancake on a Stick,
WG Maple Bar, WG Poptart
and variety of WG Cereals
100% Juice/Fresh Fruit
1% white milk
Non fat Chocolate Milk

This institution is an equal
opportunity provider

MENU SUBJECT TO CHANGE



Sub Sandwich Bar Made To Order



Choice of the following on
an assortment of
Whole grain breads:

- Turkey/Ham
- Cheeses
- Lettuce
- Tomatoes
- Onions
- Peppers
- Olives
- Pickles
- cucumbers

Happy
Halloween

MS

Monday, Oct. 12

Corn Dogs
Pizza Bar
Sub Sandwich Bar

Salads/Wraps
Fruit & Veggies Bar
1% White Milk
Non-Fat Chocolate
Milk

Oriental

Tuesday, Oct. 13

Fiesta Bar
Burger Bar
Sub Sandwich Bar

Salads/Wraps
Fruit & Veggies Bar
1% White Milk
Non-Fat Chocolate
Milk

Italian

Wed., Oct. 14

Rice Bowl
Pizza Bar
Sub Sandwich Bar

Salads/Wraps
Fruit & Veggie Bar
1% White Milk
Non-Fat Chocolate
Milk

Mexican

LATE ARRIVAL

Thursday, Oct. 15

Spud Bowl
Burger Bar
Sub Sandwich Bar

Salads/Wraps
Fruit & Veggie Bar
1% White Milk
Non-Fat Chocolate
Milk

Europe

Friday, Oct. 16

Chili
w/cinnamon roll
Pizza Bar
Sub Sandwich Bar

Salads/Wraps
Fruit & Veggie Bar
1% White Milk
Non-Fat Chocolate
Milk

Texas

Monday, Oct. 19

Chicken Nuggets
Pizza Bar
Sub Sandwich Bar

Salads/Wraps
Fruit & Veggies Bar
1% White Milk
Non-Fat Chocolate
Milk

Tuesday, Oct. 20

Fiesta Bar
Burger Bar
Sub Sandwich Bar

Salads/Wraps
Fruit & Veggie Bar
1% White Milk
Non-Fat Chocolate
Milk

Wednesday, Oct. 21

Pasta Bar
Pizza Bar
Sub Sandwich Bar

Salads/Wraps
Fruit & Veggie Bar
1% White Milk
Non-Fat Chocolate
Milk

LATE ARRIVAL

Thursday, Oct. 22

Spud Bowl
Burger Bar
Sub Sandwich Bar

Salads/Wraps
Fruit & Veggie Bar
1% White Milk
Non-Fat Chocolate
Milk

Friday, Oct. 23

Spicy Chicken
Wings
w/ potato wedges
Pizza Bar
Sub Sandwich Bar

Salads/Wraps
Fruit & Veggie Bar
1% White Milk
Non-Fat Chocolate
Milk

Monday, Oct. 26

Corn Dogs
Pizza Bar
Sub Sandwich Bar

Salads/Wraps
Fruit & Veggies Bar
1% White Milk
Non-Fat Chocolate
Milk



Tuesday, Oct. 27

Fiesta Bar
Burger Bar
Sub Sandwich Bar

Salads/Wraps
Fruit & Veggie Bar
1% White Milk
Non-Fat Chocolate
Milk

Wed. Oct. 28

Rice Bowl
Pizza Bar
Sub Sandwich Bar

Salads/Wraps
Fruit & Veggie Bar
1% White Milk
Non-Fat Chocolate
Milk

LATE ARRIVAL

Thursday, Oct 29

Spud Bowl
Burger Bar
Sub Sandwich Bar

Salads/Wraps
Fruit & Veggie Bar
1% White Milk
Non-Fat Chocolate
Milk

Friday, October 30

Spider Waffle
Egg & sausage
Pizza Bar
Sub Sandwich Bar

Salads/Wraps
Fruit & Veggie Bar
1% White Milk
Non-Fat Chocolate
Milk

